



DATE 07

Date questionnaire completed:

mo	dy	yr

PEOPLE'S HEALTH CAN AFFECT MANY ASPECTS OF
THEIR LIVES. WE ARE INTERESTED IN HOW YOUR
HEALTH IS AFFECTING YOUR LIFE. ON THE
FOLLOWING PAGES ARE A NUMBER OF QUESTIONS
ABOUT DIFFERENT AREAS OF YOUR LIFE. PLEASE

READ EACH QUESTION CAREFULLY.

SINCE THERE ARE NO RIGHT OR WRONG
ANSWERS, USUALLY YOUR FIRST THOUGHT IS THE
BEST. WE ARE INTERESTED IN HOW YOU FEEL

ABOUT YOUR LIFE.

PLEASE CHECK THE BOX ON THE LEFT
NEXT TO THE STATEMENT THAT BEST
DESCRIBES YOUR ANSWER TO THE QUESTION

1. HOW MUCH OF THE TIME DURING THE PAST MONTH, HAS YOUR HEALTH LIMITED YOUR SOCIAL ACTIVITIES (LIKE VISITING WITH FRIENDS OR CLOSE RELATIVES)?

- ☐ ₁ All of the time
☐ ₂ Most of the time
☐ ₃ A good bit of the time
☐ ₄ Some of the time
☐ ₅ A little of the time
☐ ₆ None of the time

LIMIT 07

2. ALL THINGS CONSIDERED, HOW SATISFIED HAVE YOU BEEN WITH YOUR SOCIAL LIFE DURING THE LAST MONTH?

- ☐ ₁ Very satisfied
☐ ₂ Fairly satisfied
☐ ₃ Neutral or mixed feelings
☐ ₄ Somewhat dissatisfied
☐ ₅ Very dissatisfied

SOCIAL 07

Please go to next page



3. DID YOU FEEL HEALTHY ENOUGH TO DO THE THINGS YOU WANTED TO DO DURING THE LAST MONTH?

HEALTH 07

- ☐ 1 Yes-definitely so
☐ 2 For the most part
☐ 3 Health problems limited me in some important ways
☐ 4 I was only healthy enough to take care of myself
☐ 5 I needed someone to help me with most or all of the things I had to do

4. FOR HOW LONG (IF AT ALL) HAS YOUR HEALTH LIMITED YOU IN EACH OF THE FOLLOWING ACTIVITIES? (answer questions a through f using one of the numbers below)

- 1 Limited for more than 3 months
2 Limited for 3 months or less
3 Not limited at all

VIGACT 07

- a. The kinds or amounts of vigorous activities you can do, like lifting heavy objects, running or participating in strenuous sports

MODACT 07

- b. The kinds or amounts of moderate activities you can do, like moving a table, carrying groceries or bowling

WALKUP 07

- c. Walking uphill or climbing a few flights of stairs

BEND 07

- d. Bending, lifting or stooping

WALK 07

- e. Walking one block

HYGIEN 07

- f. Eating, dressing, bathing, or using the toilet

Please go to next page



LISTED BELOW ARE SOME UNPLEASANT THINGS THAT SOMETIMES HAPPEN TO PEOPLE. PLEASE TRY TO THINK BACK OVER THE PAST YEAR TO REMEMBER IF ANY OF THESE THINGS HAPPENED TO YOU OR OTHER FAMILY MEMBERS OR FRIENDS?

5.a. WAS THERE A DEATH OR SERIOUS ILLNESS OF A CLOSE FRIEND OR RELATIVE?

DEATH ϕ 7

☐₁ Yes ☐₂ No

If YES, would you say that this upset you:

☐₁ Not too much ☐₂ Moderately ☐₃ Very much

UPSDTH ϕ 7

b. WAS THERE ANY MAJOR FINANCIAL DIFFICULTY?

MONEY ϕ 7 ☐₁ Yes ☐₂ No

If YES, would you say that this upset you:

☐₁ Not too much ☐₂ Moderately ☐₃ Very much

UPSMON ϕ 7

c. ANY DIVORCE OR BREAK-UP INVOLVING FAMILY MEMBERS OR CLOSE FREINDS?

DIVORC ϕ 7 ☐₁ Yes ☐₂ No

If YES, would you say that this upset you:

☐₁ Not too much ☐₂ Moderately ☐₃ Very much

UPSDIV ϕ 7

d. ANY MAJOR CONFLICT WITH CHILDREN OR GRANCHILDREN?

CONFLI ϕ 7 ☐₁ Yes ☐₂ No

If YES, would you say that this upset you:

☐₁ Not too much ☐₂ Moderately ☐₃ Very much

UPSCON ϕ 7

e. ANY MUGGINGS, ROBBERIES, ACCIDENTS OR SIMILAR EVENTS?

MUG ϕ 7 ☐₁ Yes ☐₂ No

If YES, would you say that this upset you:

☐₁ Not too much ☐₂ Moderately ☐₃ Very much

UPSMUG ϕ 7

Please go to next page



6. PERSONS WITH HEART PROBLEMS SOMETIMES HAVE THE FOLLOWING SYMPTOMS. PLEASE READ THIS LIST OF SYMPTOMS AND CHECK HOW OFTEN YOU HAVE EXPERIENCED THEM IN THE PAST MONTH.

SYMPTOMS	Every day	Several days a week	About once a week	2-3 times a month	About once a month	Not at all
TIREDP7 Tired						
DIZZY07 Dizzy						
FORGET07 Forgetful						
IRREGULAR HEART BEATS (e.g., skipped, racing)						
CHPAIN07 Chest pain						
CONCEN07 Problems concentrating						
SOB07 Shortness of breath						
BLUR07 Blurred vision						
SLEEP07 Trouble sleeping						

Please go to next page

THE NEXT SERIES OF QUESTIONS ASK YOU ABOUT YOUR WORK. YOU WILL NOT BE ANSWERING ALL THE QUESTIONS IN THIS SECTION, ONLY THE QUESTIONS THAT RELATE TO YOU.

7. WHAT STATEMENT BEST DESCRIBES YOUR CURRENT WORK SITUATION OR, IF YOU ARE NOT CURRENTLY EMPLOYED, WHAT STATEMENT BEST DESCRIBES YOUR LAST JOB? (Check only one)

EMPLOY ϕ 7

- ☐ 1 Professional and/or technical
- ☐ 2 Managerial worker, own business, sales
- ☐ 3 Clerical, sales or similar work
- ☐ 4 Craftsperson or skilled worker
- ☐ 5 Semiskilled worker
- ☐ 6 Laborer (except farm)
- ☐ 7 Farmer
- ☐ 8 Member of Armed Forces
- ☐ 9 Never worked (now skip to question 16 on p.9)
- ☐ 10 Other (please describe) _____

8. WHICH OF THE FOLLOWING STATEMENTS BEST DESCRIBES YOUR WORK SITUATION DURING THE LAST MONTH? (Check only one box)

WORK ϕ 7

- ☐ 1 Working full or part-time (Now skip to question 9 on p.7)
- ☐ 2 Retired (Now skip to question 10 on p.7)
- ☐ 3 Unemployed (Looking for work) (Now skip to question 14 on p.9)
- ☐ 4 Temporary Leave (e.g., sick leave) (Now skip to question 14, p.9)
- ☐ 5 Other (please describe) _____
(Now skip to question 16 on p.9)

Please go to next page

9. ALL THINGS CONSIDERED, HOW SATISFIED HAVE YOU BEEN WITH YOUR JOB DURING THIS LAST MONTH?

J0BSAT07

- ☐₁ Extremely satisfied
- ☐₂ Very satisfied most of the time
- ☐₃ Generally satisfied
- ☐₄ Sometimes fairly satisfied, sometimes fairly dissatisfied
- ☐₅ Generally dissatisfied
- ☐₆ Extremely dissatisfied

(Now skip to question 16 on page 9)

ONLY IF YOU ARE RETIRED, SHOULD YOU ANSWER THE FOLLOWING SERIES OF QUESTIONS THAT RELATE TO YOUR SITUATION.

10. WERE YOU FORCED TO RETIRE?

- ☐₁ Yes ☐₂ No (If you answered no, skip to question 12)

RETIRE07

Please go to next page

11. IF YOU WERE FORCED INTO EARLY RETIREMENT CHECK ONE BOX ON THE LEFT NEXT TO THE STATEMENT THAT BEST DESCRIBES YOUR REASON.

WHYRET07

- ☐ ₁ My employer told me to retire
- ☐ ₂ I was offered early retirement benefits that I could not resist
- ☐ ₃ My spouse and family insisted that I retire early
- ☐ ₄ My doctor told me to retire
- ☐ ₅ I decided to retire because of poor health
- ☐ ₆ Other, please describe _____

12. WOULD YOU SAY YOUR TIME WITHOUT WORK HAS BEEN

LIKRET07

- ☐ ₁ More enjoyable than you expected
- ☐ ₂ About what you expected
- ☐ ₃ Less enjoyable than you expected

AGERET07

13. HOW OLD WERE YOU WHEN YOU RETIRED? _____ YEARS

(Now please skip to question 16)

Please go to next page



UNEMPLOY

14. HOW MANY WEEKS HAVE YOU BEEN UNEMPLOYED OR ON LEAVE? _____ Weeks

15. DO YOU PLAN TO RETURN TO WORK?

☐ 1 Yes☐ 2 No

RETURN

16. FOR EACH OF THE FOLLOWING QUESTIONS, PLEASE MARK THE ANSWER THAT COMES CLOSEST TO THE WAY YOU HAVE BEEN FEELING DURING THE PAST MONTH.

	All of the time	Most of the time	A good bit of time	Some of the time	A little of the time	None of the time
NERVOUS	How much of the time during the past month, have you been a very nervous person?					
CALM	During the past month, how much of the time have you felt calm and peaceful?					
BLUE	How much of the time, during the past month, have you felt downhearted and blue?					
HAPPY	During the past month, how much of the time have you been a happy person?					
DUMPS	How often, during the past month, have you felt so down in the dumps that nothing could cheer you up?					

Please go to next page



17. DURING THE PAST FOUR WEEKS, WAS SOMEONE AVAILABLE TO HELP YOU IF YOU NEEDED AND WANTED HELP (FOR EXAMPLE, IF YOU NEEDED SOMEONE TO TALK TO OR IF YOU NEEDED HELP WITH DAILY CHORES)? (Check one box)

HELP ϕ 7

- ☐₁ Yes, as much as I wanted
☐₂ Yes, quite a bit
☐₃ Yes, a fair amount
☐₄ Yes, a little bit
☐₅ No, not at all

18. HOW FREQUENTLY DO YOU PARTICIPATE IN RELIGIOUS ACTIVITIES?

RELIG ϕ 7

- ☐₁ More than once a week
☐₂ Every week
☐₃ Regularly, but not every week
☐₄ Only on special occasions
☐₅ Never

19. DO YOU BELONG TO ANY ORGANIZATIONS OR CLUBS (SUCH AS POLITICAL GROUPS, ATHLETIC GROUPS OR REGULAR SOCIAL ORGANIZATIONS)?

GROUPS ϕ 7

- ☐₁ Yes ☐₂ No

If YES, how many groups/organizations NUMGRP ϕ 7

20. WHAT IS YOUR CURRENT MARITAL STATUS (Check one):

MARITL ϕ 7

- ☐₁ Married
☐₂ Separated or Divorced
☐₃ Widowed
☐₄ Not married, living in spouse-like relationship
☐₅ Single

Please go to next page



21. HERE IS A LADDER REPRESENTING THE "LADDER OF LIFE". THE TOP OF THE LADDER REPRESENTS THE BEST POSSIBLE LIFE FOR YOU. THE BOTTOM OF THE LADDER REPRESENTS THE WORST POSSIBLE LIFE FOR YOU.

(Answer questions a through c below)

- a. On which step of the ladder do you feel you personally stand at the present time?

PRESENT TIME (1 to 10) _____ LADNOWØ7

- b. On which step would you have stood five years ago?

FIVE YEARS AGO (1 TO 10) _____ LADPSTØ7

- c. Thinking about your future, on which step do you think you will stand about five years from now?

FIVE YEARS FROM NOW (1 to 10) _____ LADFUTØ7

Best Possible
Life

10
9
8
7
6
5
4
3
2
1

Worst Possible
Life

Please go to next page

RBL

9/20/91

Twelve Quality of Life score variables have been added to record type 07 (QL). These scores are computed from raw variables in the record type. Because of their complexity, they are not computed during batch data input but are set by a retrieval update that runs as part of the regular weekly database update.

Some of the scores (indicated as "I" below) have only integer values while others, which are means of several raw variables, can take on fractional values and are stored with one decimal place (indicated as "F1" below). These latter scores are defined if at least some fraction of their components have non-missing values; the minimum number of components needed is in the MINCOMP column and total number of components in the TOTCOMP column.

Several of the raw component variables are reversed in computing scores; e.g. SOCIAL07 is reversed in computing the QSOCAL07 score; thus in computing the mean SOCAL07 is recoded 1 -> 5, 2 -> 4, 3 -> 3, 4 -> 2, 5 -> 1.

Definitions are...

#	Var Name	Type	Variable Label	MINCOMP	TOTCOMP
1	QSOCAL07	F1	Social Functioning Score = (LIMIT07 + reversed SOCIAL07) / 2 Worst = low (1), best = high (6)	1	2
2	QNOW07	I	Perceived Health Score = LADNOW07	1	1
3	QEXPCT07	I	Health Expectancy Score = LADFUT07 - LADNOW07	2	2
4	QFUNCT07	F1	Physical Functioning Score = VIGACT + MODACT + WALKUP + BEND + WALK + HYGIEN where VIGACT = recode VIGACT07 (1, 2 = 1) (3 = 2) and similarly for MODACT, etc. Worst = low (6), best = high (12)	4	6
5	QSTRES07	F1	Life Events Score = DEATH + MONEY + DIVORC + CONFLI + MUG where DEATH = recode DEATH07 & UPSDTH07: 1 if DEATH07 = 2 2 if DEATH07 = 1 and UPSDTH07 = 1 3 if DEATH07 = 1 and UPSDTH07 = 2 4 if DEATH07 = 1 and UPSDTH07 = 3 and similarly for MONEY, etc. Worst = high (20), best = low (5)	3	5
6	QSYMPT07	F1	Symptoms Score = TIRED07 + DIZZY07 + FORGET07 + PALPIT07 + CHPAIN07 + CONCEN07 + SOB07 + BLUR07 + SLEEP07 Worst = high (54), best = low (9)	5	9
7	QWORK07	I	Work Score recode EMPLOY07 (1 thru 4 = 1) (5 thru 10 = 0)	1	1

#	Var Name	Type	Variable Label	MINCOMP	TOTCOMP
8	QRETIRO7	I	Retire Score recode RETIRE07 (1 - 1) (2 - 0)	1	1
9	QRETRNO7	I	Return to Work Score recode RETWRK07 (1 - 1) (2 - 0)	1	1
10	QWELLO7	F1	Well-being Score - reversed NERVUS07 + CALM07 + reversed BLUE07 + HAPPY07 + reversed DUMPS07 Worst - low (5), best - high (30)	3	5
11	QSUPRT07	I	Social Support Score - reversed HELP07 Worst - low (1), best - high (5)	1	1
12	QINTGRO7	F1	Social Integration Score - RELIG + GROUPS + MARITL where RELIG - recode RELIG07 (1, 2, 3 - 1) (4, 5 - 0) GROUPS - recode GROUPS07 (1 - 1) (2 - 0) MARITL - recode MARITL07 (1, 4 - 1) (2, 3, 5 - 0) Worst - low (0), best - high (3)	2	3